

So what should I eat to help control my T2 diabetes?

The problem with having diabetes is your metabolism can no longer deal with sugar, which becomes almost a poison; its consumption needs cutting back dramatically.

Reduce starchy carbs a lot...

Remember they are just concentrated sugar. If possible cut out the 'White Stuff' like bread, pasta, rice – though porridge, new potatoes and oat cakes in moderation may be fine. **Sugar – cut it out altogether**, although it will be in the blueberries, strawberries and raspberries you are allowed to eat. Cakes and biscuits are a mixture of sugar and starch that make it almost impossible to avoid food cravings; they just make you hungrier!!

All green veg/salads are fine...

Eat as much of these as you can. So that you still eat a good big dinner try substituting veg such as broccoli, courgettes or green beans for your mash, pasta or rice – still covering them with your gravy, Bolognese or curry! Tip: try home-made soup – it can be taken to work for lunch and microwaved. Mushrooms, tomatoes, and onions can be included in this.

Fruit is trickier...

Some tropical fruits like bananas, oranges, grapes, mangoes or pineapples have too much sugar in and can set those carb cravings off. Berries are better and can be eaten; blueberries, raspberries, strawberries, apples and pears too.

Eat healthy proteins...

Such as non-processed meat, eggs (three eggs a day is not too much), fish – particularly oily fish such as salmon, mackerel or tuna – are fine and can be eaten freely. Plain **full fat** yoghurt makes a good breakfast with the berries. Processed meats such as bacon, ham, sausages or salami are not as healthy and should only be eaten in moderation.

Fats are fine moderation...

Yes, fats can be fine in moderation: olive oil is very useful, butter may be tastier than margarine and could be better for you! Coconut oil is great for stir fries. Four essential vitamins A, D, E and K are only found in some fats or oils. Please avoid margarine, corn oil and vegetable oil. **Beware 'low fat' foods.** They often have sugar or sweeteners added to make them palatable. Full fat mayonnaise and pesto are definitely on!!

Cheese only in moderation...

It's a very calorific mixture of fat, and protein. **Snacks: avoid, as habit forming.** But un-salted nuts such as almonds or walnuts are OK to stave off hunger. The occasional treat of strong dark chocolate 70% or more in small quantity is allowed.

EATING LOTS OF VEG WITH PROTEIN AND HEALTHY FATS LEAVES YOU PROPERLY FULL IN A WAY THAT LASTS.

Sweeteners can trick you...

Finally, about sweeteners and what to drink – sweeteners have been proven to tease your brain into being even hungrier, making weight loss more difficult – drink tea, coffee, and water or herb teas.

Alcohol is full of carbs...

I'm afraid most alcoholic drinks are full of carbohydrate – for example, beer is almost 'liquid toast' hence the beer belly!! The odd glass of red wine is not too bad if it doesn't make you get hungry afterwards – or just plain water with a slice of lemon.

Useful websites:

<https://www.dietdoctor.com/>

<https://www.diabetes.co.uk/lowcarb/>